



10 Early warning signs of Alzheimer's and dementia

1. Recent memory loss that affects job skills
2. Difficulty performing familiar tasks
3. Problems with language
4. Disorientation of time and place
5. Poor or decreased judgement
6. Problems with abstract thinking
7. Misplacing things
8. Changes in mood or behaviour
9. Changes in personality
10. Loss of initiative

Please contact the DEMENTIA SA Office

Support | Awareness | Education | Counseling | Training | Resource centre | Advocacy
info@dementiasa.org or support@dementiasa.org www.dementiasa.org

National Helpline 0860 MEMORY / 0860 636 679

Notes:

Contact us:

3rd Floor,
State House,
3 Rose Street,
Cape Town

P.O. Box 16421
Vlaeberg
8018

Tel: (021) 421 0077/78
Email: info@dementiasa.org
Or support@dementiasa.org



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